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Broadcast by Ruth Van Deman, Bureau of Human Nutrition and Home Economics, in the Department of Agriculture's portion of the National Farm and Home Hour, Wednesday, July 28, 1943, over stations associated with the Blue Network.

VAN DEMAN:

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This is Ruth Van Deman with the Department of Agriculture Bulletin Board.

Yesterday in our visit about home canning, I answered a question about the food value of tomatoes. They're a great source of vitamin C, and they're easy to can. What I said about tomatoes is equally true of tomato juice. I mention that because I know you're especially interested today in tomato juice.... Especially interested because the August table of point values that's in the news today puts a higher point-value on large cans of tomato juice.

That's one more incentive to can tomatoes in the form of juice. Another incentive is the fact that you can make excellent juice from tomatoes that are not firm enough to can and yet aren't too ripe. I don't mean any spoiled tomatoes though. One bad spot in one tomato can ruin a whole batch of juice. Let's run through the directions briefly: cut the tomatoes into pieces and simmer until they're softened. Then put through a sieve. Add a teaspoonful of salt to each quart. Reheat the juice to boiling. Pour into hot jars or bottles immediately, leaving a quarter of an inch head space at the top. Then seal the jars or bottles air tight and process in the boiling water bath for 15 minutes.

Notice I didn't say anything about spice. You can use the juice in more ways if you don't use spice at canning time. Also, spice tends to darken tomato juice. So the Department's home economists recommend canning tomato juice without spice, and spicing it when you open the cans if you wish.

Coming back to the August table of point values...there's a reminder in the table that's of interest to women who sell home canned foods.

People who sell home-canned foods are asked to collect blue stamps at the rate of 8 points a quart or 4 points a pound. That applies to any kind of home-canned food sold either from the home or in country markets. The ration stamps should be taken or mailed to the local war price and ration board.

Now some farm news....the market report.



